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AUTHOR Wong, Debbie; Wittet, Scott
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ABSTRACT

This illustrated booklet on sexual abuse was designed especially for Southeast Asian teenagers. Three short stories illustrating sexual assault cases are provided. The following topics are discussed: (1) what sexual assault is; (2) dating; (3) who commits sexual assault; (4) how sexual assault hurts victims; (5) preventing sexual assault; and (6) what to do after a sexual assault. Several quizzes on sexual assault are included. The text is in English; a short glossary that translates key words into Vietnamese, Chinese, Cambodian, and Lao is included. (BJV)

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BE AWARE. BE SAFE.

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Additional resources available from King County Rape Relief:
Helping Your Child to be Safe – a booklet for Southeast Asian parents on how to prevent and cope with child sexual assault.

"Talking to Children/Talking to Parents" – a curriculum to assist educators in presenting sexual assault information to Southeast Asian children (Grades K through 6th) and parents.

BE AWARE. BE SAFE.

Information on using booklets:

- The booklet was designed especially for S.E. Asian teens. The booklet works best when carefully explained and then given to students to take home.
- Use the pictures to help communicate booklet information. Point out the pictures and discuss them with the student. Students who have trouble reading the text may be able to remember the information by looking at the pictures.

This booklet was written by Debbie Wong (King County Rape Relief) and Scott Wittet (Program for Appropriate Technology in Health) with contributions made from other KCRR staff and advisory board members. Parts of the booklet were adapted from KCRR's *Top Secret*, Copyright 1982.

Special thanks to all the counselors, teachers and teens who gave us their suggestions for the booklet.

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Book design by Jesse Reyes. Illustrations by Steve Chin.

INTRODUCTION

Living in a new country, you want to feel safe. Most of the time you are safe but sometimes, things come up which you don't expect and don't know how to handle. For example, you might be walking home from school when someone you don't know begins bothering you and wants you to ride in his car with him. Or you might be at home with a neighbor who wants to touch you on your leg and won't stop when asked. These situations* could lead to sexual assault.

* See back for translation.

What is Sexual Assault?

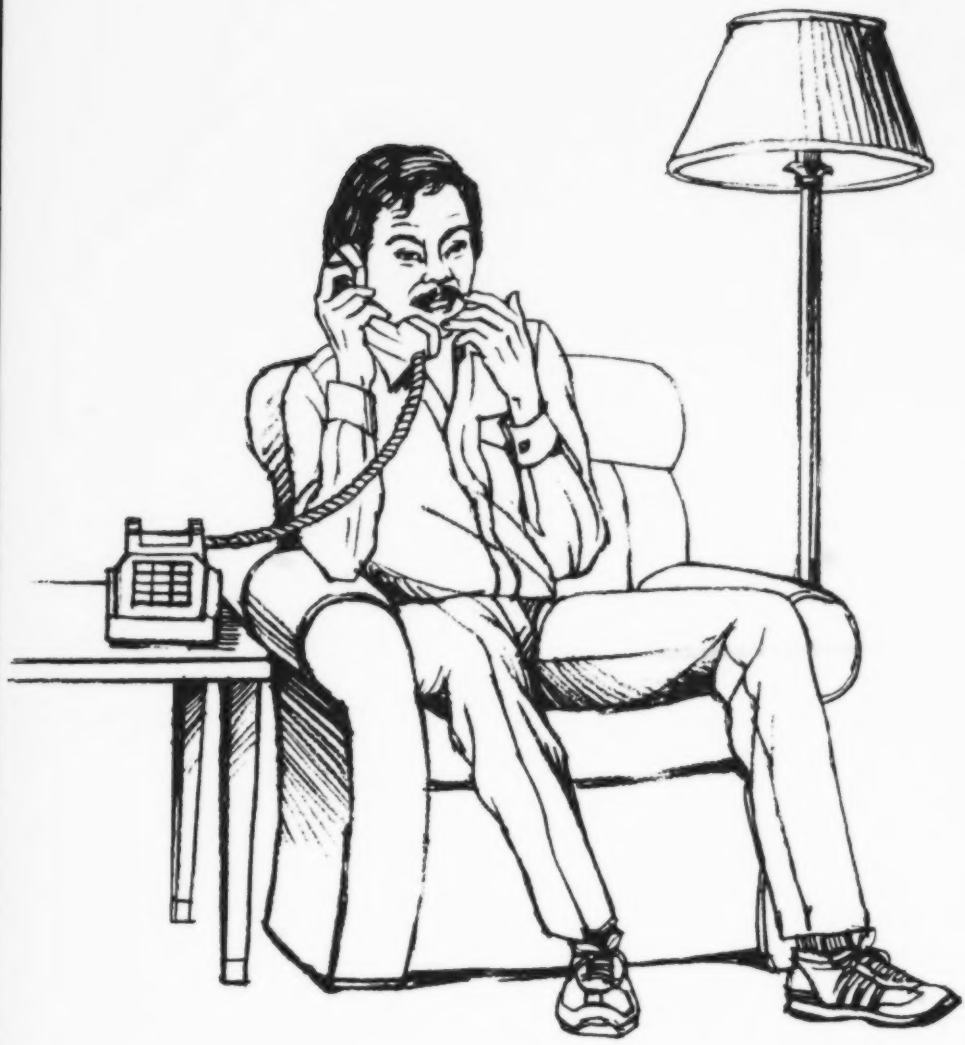
In general, when another person forces, threatens or bribes you into any kind of sexual* contact, it is called sexual assault. With a child, any sexual contact by someone who is older is illegal.

Sexual assault occurs in many ways. Examples of sexual assault are if someone:

- sexually touches another person against their will.
- forces someone to sexually touch them.
- forces intercourse* with another (rape*). (Intercourse is putting a penis* or an object into the vagina*, anus*, or mouth of a person).
- makes another show their private parts*.
- forces a person to look at their private parts.
- repeatedly makes unwanted sexual comments, gestures or come-ons to another person. (This is called sexual harassment*.)
- forces a person to listen to talk about sexual things on the telephone (obscene phone call*).

The person who does these acts is called an offender*.

* See back for translation.



THE STORY OF CHANTHI

Chanthi got off the bus after a long day at school. As she began her walk, a young man who lived down the street from her, began walking with her. She had never talked to the man before but had seen him in her neighborhood. The man was very friendly. Chanthi didn't want to be rude when the man seemed so nice. Yet, she wasn't sure whether she should be talking to him.

As they walked around the corner, Chanthi saw no one else in that area. The man walked closer to her and started looking her up and down. Chanthi began to get scared. As they walked further, the man pointed to his new car parked in the street. The man asked Chanthi to take a short ride with him. Chanthi politely refused by saying she needed to get home at a certain time. The man insisted that Chanthi get into the car with him. Suddenly, he grabbed her arm and tried to push her into the car. Chanthi was very frightened so she screamed as loudly as she could. She kicked him, broke away and ran towards a busy street. The man was afraid that someone heard Chanthi's scream. He got into his car and drove away.

Chanthi got away. She used skills she already had to escape – yelling, kicking, and running. Think of the skills you already have.

TEST YOURSELF ON THIS QUIZ ABOUT RAPE

Part I

Finish each sentence with the best answer (either a, b, or c.):

1) Reasons men rape*:

a) Because they love the woman
b) They are crazy
c) To overpower* and make someone feel shamed

2) The place a rape usually happens is:

a) Home
b) Dark alleys
c) On a date in a car

3) Most people are raped by:

a) Someone they know
b) A stranger

4) People are asking to be raped when they are:

a) Walking alone at night
b) Wearing sexy clothes
c) None of the above

5) The age of most rapists is:

a) 65 and older
b) Between 35 and 65
c) 35 and younger

Part II

Choose whether the sentence is True (T) or False (F).

6) Guns or knives are usually used in rapes. T F

7) A man can be raped. T F

8) You can tell if someone is a rapist by looking at him. T F

9) Women often lie about being raped. T F

10) Only young, beautiful, sexy women are raped. T F

11) Asians are never raped. T F

(Turn to next page for answers)

* See back for translation.

ANSWERS TO RAPE QUIZ

1) C. A man rapes* to prove his power or show his anger.

2) A & C. Most rapes happen in the home. The next most common place is in the car.

3) A. Most people are raped by someone they know – a friend, neighbor, relative or someone they just met.

4) C. Rape means getting hurt and no one asks to get hurt. Walking alone at night may be dangerous, but no one does that wanting to get raped. The way people dress has nothing to do with getting raped. In fact, most teenagers are wearing jeans at the time they are raped.

5) C. Most rapists are under 35-years-old.

6) F. Most rapists do not use guns or knives to threaten the victim. They are more likely to use tricks, threats or physical force.

7) T. Men are raped in the same kinds of situations* as women. They are usually raped by other men.

8) F. You cannot tell a rapist by the way he looks. They seem to be as normal as you and I.

9) F. People don't lie more about rape than about any other crime. In fact, most rape victims do not even report the rape.

10) F. Anyone can be a victim of rape. They can be of any race; rich or poor.

11) F. Rape does happen in the Asian community. The number of reports we have suggest that sexual assault happens about as often as in non-Asian communities.

* See back for translation.

DATING

In the United States, dating is an acceptable* way for people to get to know each other. It does not ruin the couple's name or necessarily lead to marriage. Dating can be fun, especially when both parties care about each other's feelings.

In America, sex may or may not be a part of dating. Each person has the right to decide for themselves whether it is the right thing for them to do. Pressuring or forcing someone into having sex is not acceptable.

Here's a story about something that happened to Kim.

* See back for translation.

THE STORY OF KIM

Kim had always noticed a boy in her class named Chau. Chau was very handsome and was voted the most popular boy of his class. One day, Chau asked Kim to go to the movies with him. She was very happy! Kim could not believe that a boy such as Chau would ask her out. However, Kim had one problem – her parents did not allow her to go out with boys. She decided to tell her parents that she would be out with a girlfriend.

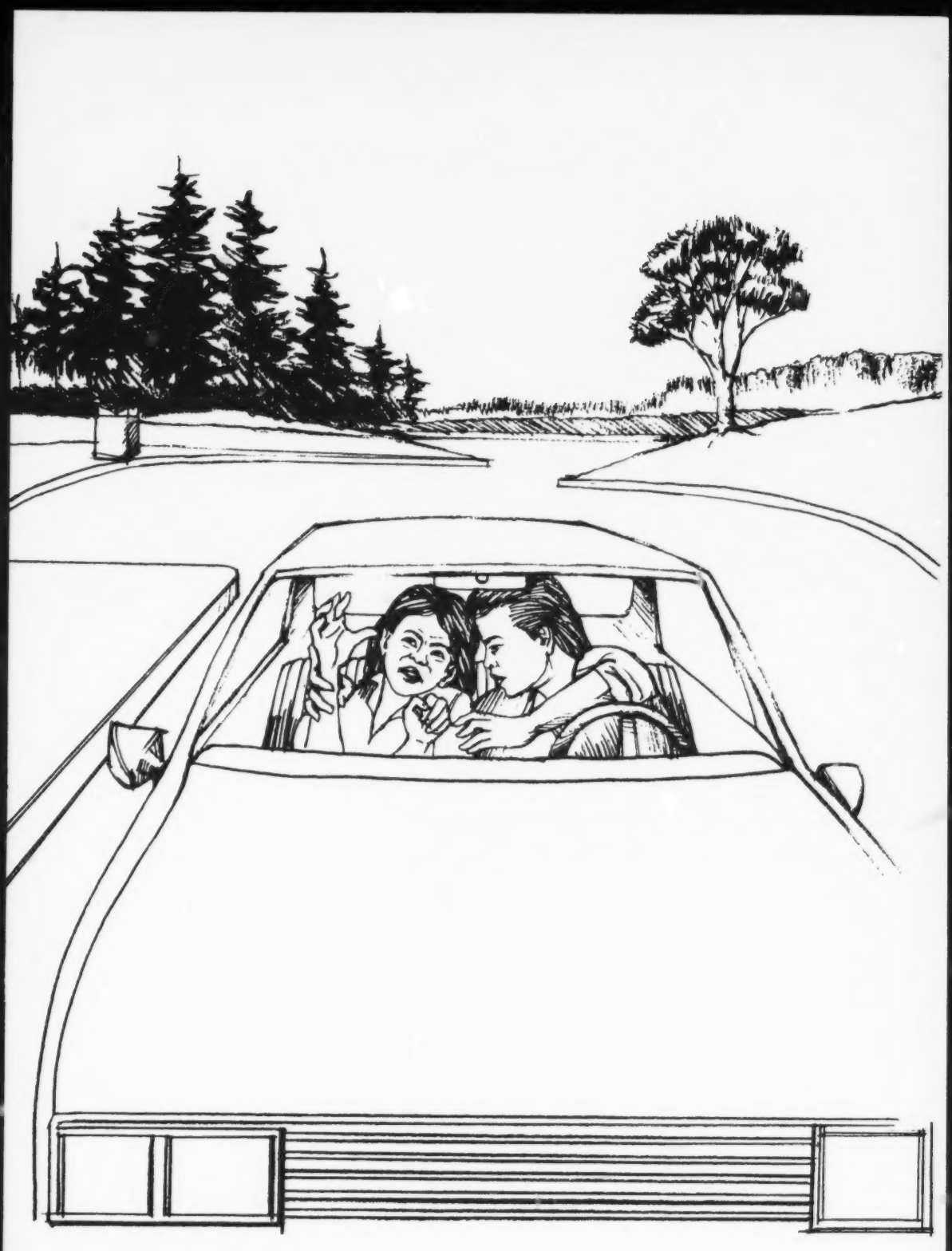
That night, Kim met Chau at the movies. Afterwards, they got ice cream for dessert. Kim could not believe that this was happening to her! She was having the best time of her life.

As Chau was driving Kim home, he asked that they stop off at a park. It had a beautiful view of the city. Kim felt funny about going. But since Chau had been polite so far, she agreed to go. Within a short time, they arrived at the park. Soon, Chau began to do things which made Kim feel really uncomfortable. At first, she didn't say anything because she liked Chau and didn't want to make him angry. But when he started to touch her breasts*, she clearly told him "no". He didn't stop. Kim tried to push him away. Quickly, Chau got on top of her and pinned her down. She couldn't move. She tried screaming but no one heard her. Kim was raped*.

For a long time afterwards, Kim felt very shamed by what happened. She was sure that the rape took place because of something she did – maybe it was the way she dressed... or because she went to the park with him... or maybe she led him on... Also, she felt very bad about misleading her parents.

We know that what happened was not Kim's fault. Chau was the one who didn't care about Kim's feelings. He was the one who didn't stop when she said "no". Chau is the one who caused the rape.

* See back for translation.



Directions: Check whether you agree or disagree with the following statements:

It is rape* if a male holds a female down and forces her to have sex if:	AGREE	DISAGREE
1) He spent a lot of money on her.	☐	☐
2) He is so turned on, he thinks he can't stop.	☐	☐
3) The girl has had sex with other boys before.	☐	☐
4) She is drunk or on drugs.	☐	☐
5) She says she will have sex with him but changes her mind.	☐	☐
6) She lets him touch her above the waist.	☐	☐
7) They have dated a long time.	☐	☐
8) She has had sex with him before.	☐	☐
9) She led him on.	☐	☐
10) She is wearing sexy clothes.	☐	☐
11) She is out by herself late at night.	☐	☐
12) She is married to him.	☐	☐

All of your answers should be "AGREE". They all talk about rape because:

- **The female did not agree to have sex, and . . .**
- **Force was used.**

Remember:

☐ **A woman has the right to change her mind about having sex. A man can and should control his sexual* urges.**

☐ **It is illegal for anyone, even a husband or a boyfriend, to force a woman into having sex with him.**

* See back for translation.

WHO DOES IT?

Sometimes strangers commit sexual assault, but usually, it is done by someone who the victim knows. Someone who can easily get close to them. The offender* could be a boyfriend, a neighbor, a teacher, or an employer. Sometimes, it is a relative like an uncle, a step-father, or even a father.

Just because it is someone who knows the victim does not make it okay. It's not fair for a person to sexually assault another especially if it is someone the victim respects or loves.

* See back for translation.

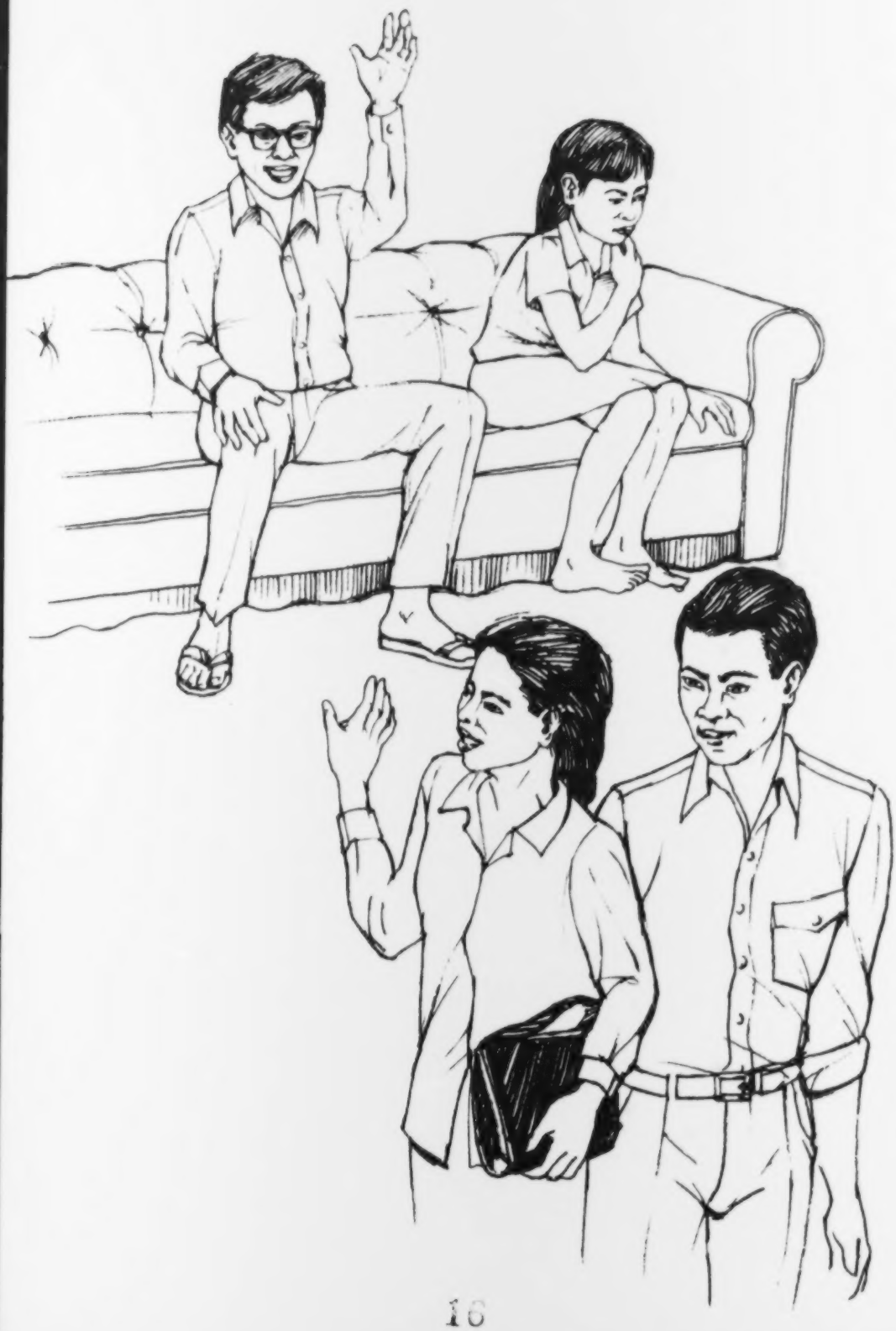
THE STORY OF KI – PART ONE

When Uncle Hang came to visit, he always brought a present for Ki. She loved to sit next to her uncle and hear his jokes and stories. Sometimes, when her mother and father were working, Uncle Hang would keep Ki company. Month by month, Uncle Hang began to change. One day he touched Ki between her legs. This made her feel very uncomfortable, but she didn't want to be disrespectful to her uncle. Two weeks later, as Ki was undressing to go to bed, Uncle Hang came into her room. He forced Ki to touch his penis* and he touched Ki's private parts*. He told Ki that if she told anyone about it, he would blame her for what happened. He said that no one would believe the word of a 12-year-old against the word of an adult. Uncle Hang continued to do these things to her for months.

Ming, Ki's mother, saw that Ki was acting strangely. Ki seemed to be always sad and worried and afraid to be around others. Ki was very confused about what Uncle Hang was doing to her. She loved her uncle and wanted to obey him, but she did not like what he made her do. She felt that if she told anyone, they would think she was lying or to blame for what happened. It would be worse if people at school found out. Then, everyone in the community would be talking about her.

What Uncle Hang did to Ki was not fair. But what happened to Ki happens in many families. Later in the book, we will see how Ki solves her problem.

* See back for translation.



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We know that people are often afraid or embarrassed to talk about sexual assault. "What will people think of me?" or "What will my parents say?" may be some of the things which stop victims from telling anyone. Victims like Ki and Kim need to get help or else they will continue to suffer physically* and emotionally*.

HOW DOES SEXUAL ASSAULT HURT VICTIMS?

Sometimes victims are hurt physically*; they are always hurt emotionally*.

Physical Problems:

- Cuts, bruises
- Internal injuries (like bleeding inside)
- Sexual diseases
- Pregnancy

Emotional Problems:

- Bad dreams, bed-wetting, eating too much or too little.
- Fears or distrust of people.
- Depression*, uneasiness, not feeling good about oneself.
- Feeling separate from other people.
- Trouble at home, in school, or at work (like bad grades).
- Running away from home or wanting to kill oneself.

If a victim doesn't get help, these problems may affect the person for years to come.

* See back for translation.

HOW CAN I PROTECT MYSELF?

Here are some things to remember to help protect yourself from sexual* assault:

1) Trust your feelings

Pay attention to actions that don't seem right like:

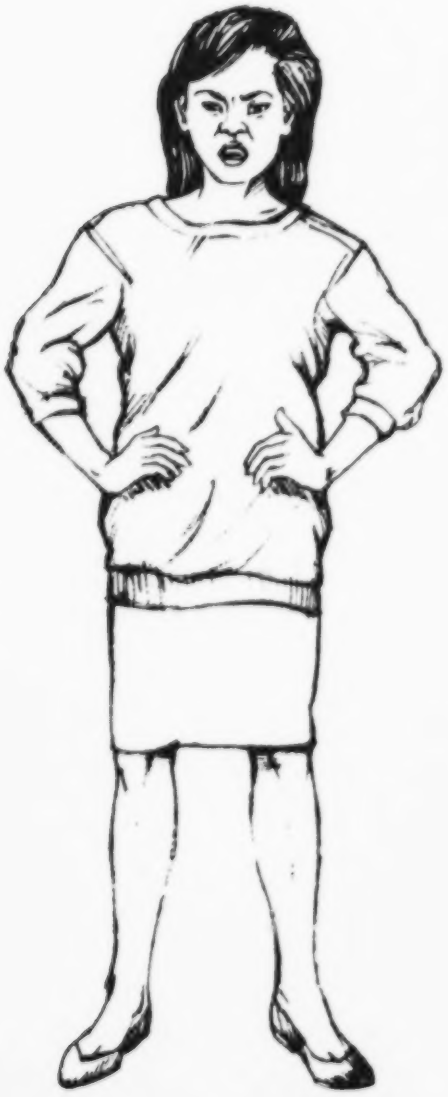
- Someone sitting or standing too close.
- Someone touching your leg.
- Someone speaking in a way or acting as if he knows you more closely then he does.
- Someone who doesn't care about your feelings.

2) It's okay to tell someone what you will not do

Asian girls are often taught to always behave politely and not to talk about their real feelings. Offenders are more likely to stop if you say "no" early or when they know you will tell someone.

So:

- Be willing to speak up, and
- Say "no" to *unwanted touching.*



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3) Learn skills to protect yourself

- Take self-defense course.
- Be aware of things around you.
- In a dangerous situation*, use skills you already have like screaming, yelling and kicking.

These are ideas which may increase your chances for safety. However, nothing works every time. Escaping from sexual assault is often hard to do. If you were not able to avoid a sexual assault, remember that what happened **is not your fault.**

* See back for translation.

4) Tell someone what happened

If you are a victim of sexual assault:

- Tell someone you trust like a parent, teacher, sponsor or friend.
- Keep telling people until you get help.
- Call your local rape relief or Child Protective Services or police. (In cases of incest,* you may need to tell someone outside of your family in order to get help.)

* See back for translation.

WAYS OF PROTECTING YOURSELF

Directions: Write down what you could do if the following things happened to you.

1) Someone at the door says they are from the phone company. He wants to come into the house to check the phones but you are alone.

What could you do?

2) Someone is following you.

What could you do?

3) Someone who you baby sat for drives you home. While in the car, he tries to put his hand on your leg.

What could you do?

4) Your gym teacher says he's examining you. He then asks to examine you in your vaginal* area.

What could you do?

5) A girlfriend is pressuring you to stay out late with a couple of guys whom you feel uncomfortable with.

What could you do?

6) You have a job interview at an employer's home or hotel.

What could you do?

7) A boy at school is always trying to flirt with you. Many times, he makes you feel uncomfortable by putting his arm around you.

What could you do?

(See next page for possible ideas)

* See back for translation.

POSSIBLE IDEAS FOR "WAYS OF PROTECTING YOURSELF"

1) Get the person to come back when your parents are home. Also, call the phone company to see if they did send someone to your house.

2) Go to a place where there are a number of people. Then, find a place to call the police.

3) Tell him clearly to stop it. Then when you arrive home, let your parents know what happened.

4) Say "no" and leave right away. Then, tell either your parents or another teacher or counselor what happened.

5) Trust your feelings. Let your girlfriend know how you feel about the guys. Tell her you are not willing to stay out late with them and insist that you be taken home. Or, call your parents to take you home.

6) If possible before the interview, get information about the business to see if it is a real business. When you go to the interview, have someone go with you and have him or her wait outside.

7) Tell him to stop it. If he doesn't listen, tell either your parents, teacher or counselor what he is doing.

IT'S HARD TO TALK ABOUT SEXUAL ASSAULT

Victims sometimes are afraid or embarrassed to talk to anyone about their assault. It may be because they do not want to bring shame to themselves or their family. They may not want their parents to know. Or they might be afraid to hurt the offender*, especially if it is a family member or a friend. Worry about "saving face" keeps victims from getting the help they need to get better.

* See back for translation.

WE NEED TO START TALKING ABOUT IT

People used to think that sexual assault was rare. Now they know that it happens often and in many families. People must talk about the problem to help victims. Also, they must talk about it to solve this problem in their community.

WHAT TO DO AFTER A SEXUAL ASSAULT

1) Tell someone about it

- Tell someone who can help like your parents, teacher or counselor.
- If they don't help, keep telling someone until you do get help.
- Call your local rape crisis center. They can be there like a friend. They can give you more information about what to do after a sexual assault. They can even help you talk to your parents about it. If you like, you don't have to give your name.

Remember, any professional like a teacher, nurse, or counselor, who believes that a teenager is being sexually assaulted, must report it so that you can be helped.

OTHER RESOURCES:
Child Protective Services, police, health clinics, private doctors, and mental health agencies.

2) Medical Help

Some people go to a doctor because they worry about:

- Cuts and bruises.
- Internal injuries (like bleeding inside).
- Pregnancy.
- Sexual diseases.
- Collecting evidence*. It may be a good idea to have the hospital collect evidence* in case you later decide to report the offender* to the police. To do this you must get an exam within **48 hours** of the assault. You should not shower, bathe, or douche* before going to the hospital.

WHERE TO GO:

- Call your local rape relief to get a list of hospitals and clinics in your area.
- Planned Parenthood, public health and family planning clinics.

* See back for translation.

3) Reporting to the Police

You may want to report the rape* to the police. Sometimes people have a hard time deciding to do this. Following are some reasons people have reported:

- To keep the offender* from hurting them again.
- To keep the offender from doing it to others.
- To help the victim feel more in control.

* See back for translation.

THE STORY OF KI – PART TWO

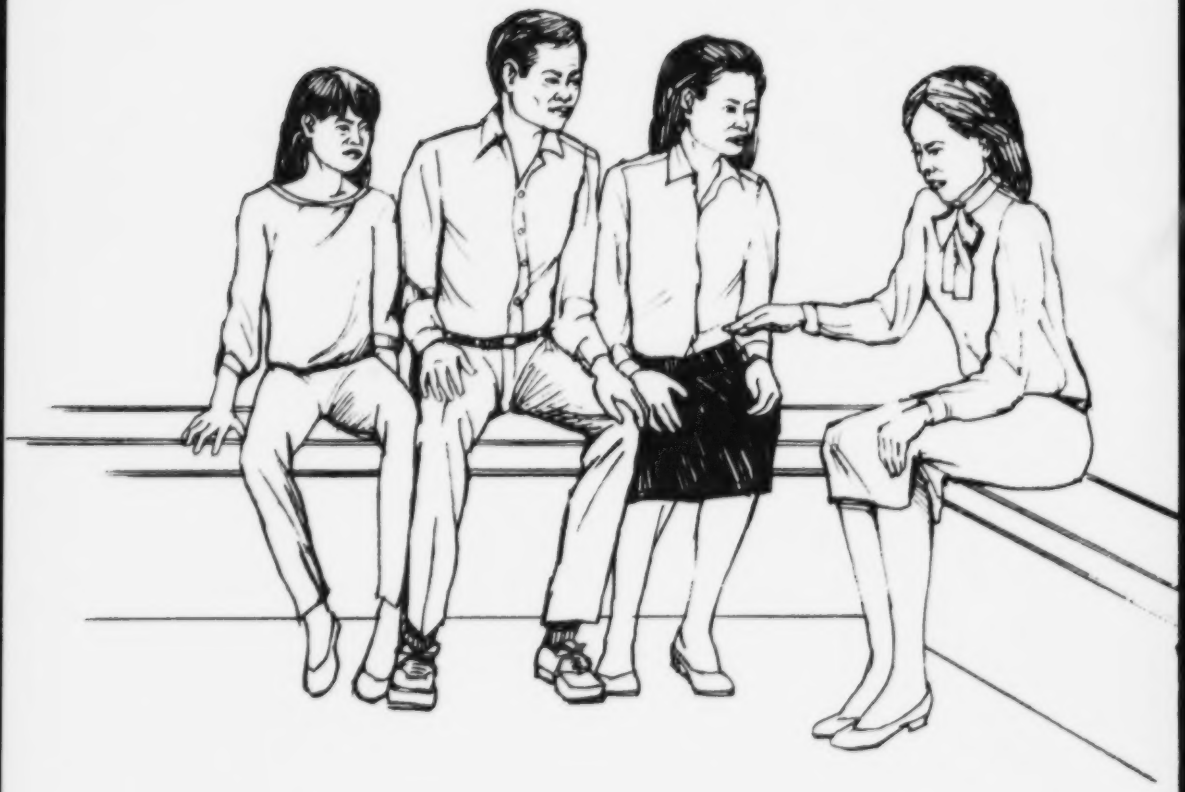
Uncle Hang's sexual assaults made Ki very confused and sad. She was afraid to tell her parents about the problem. Ki's teacher saw that Ki was acting differently. The teacher asked Ki if anything was wrong. Ki decided to tell the teacher what happened. Soon, the teacher helped Ki by calling Child Protective Services and rape relief.

Rape relief found a translator who helped Ki talk about the problem with her parents. Her name was Mrs. Chan. Ki's parents believed her story and were very upset. They did not let Uncle Hang stay in the house with Ki any more. Relatives found out about the problem and tried to make the family feel like they should not report Uncle Hang.

Mrs. Chan talked to Ming and her husband. They did not want to hurt Hang, but they also did not want him to assault Ki, or other children again. Mrs. Chan reported Hang to the police.

It was explained to Uncle Hang that he had a choice. He could tell the truth and say he was guilty. Or, he could say he did not do it and ask for a trial. The prosecutor (lawyer who helps the victim) told Hang that since he had never done this before, he could get counseling instead of going to jail if he told the truth.

Mrs. Chan and a rape relief counselor worked with the family as they recovered from this experience.



Now Ki's in college. She was hurt by Uncle Hang's sexual assaults when she was younger. But now Ki feels safer because she told someone who could help her.

TRANSLATIONS

Acceptable	Có thể chấp nhận được, khả chấp 可接受的 ការទទួលយកបាន ยอมรับ.
Anus	Hậu môn 肛門 ទ្វារលាមក "ទ្វារធំ" ตะอาบ.
Breasts	Ngực, vú 乳房 ដោះ เต้า.
Depression	Chán, buồn nản 情緒低落 ការធ្លាក់ទឹកចិត្ត ความกดดัน.
Douche	Rửa, vệ sinh âm-hộ 冲洗陰戶 ទឹកថ្នាំសំរាប់ញាក់លាង "ជាពិសេសស្ត្រីវេជ្ជសាស្ត្រ" ล้างใต้สะอาด, อายใต้สะอาด.
Emotional	Xúc động 情緒的 ការរំជើបរំជួលចិត្ត ความรู้สึกดีใจ, จัว, มัก. รู้สึกเจ็บตางใจ.
Evidence	Bằng chứng 證據 ភស្តុតាង หลักฐาน.

Harassment (Sexual)	Choc ghẹo, làm phiền
	性侵擾
	[illegible]
	ខ្វែងចាម, ចៃចាបចាក្បាយ ឱ្យ ចិ ត្ត.
Incest	Loạn luân
	亂倫
	ការរួមសង្វាស់រវើរក្មេង
	ការរួមរមេងនេះតាមរិតបាយមិនរួមរឹមរួមគ្នាទេ.
Intercourse	Giaocấu, giao hợp
	性交
	ការរួមសង្វាស់
	ការរួមរមិល.
Obscene Phone Call	Gọi điện thoại nói chuyện tục tĩu
	淫猥電話
	ការទូរសព្ទ័ដែលប្រើពាក្យ ចំរើនសម្លាស
	ទៅនេះគឺមានន័យថាការនិយាយ.
Offender	Kẻ xúc phạm, phạm tội
	侵犯者
	អ្នកដែលប្រព្រឹត្តន្ទ អំពើមិនគប្បី
	ប្លែកតាមាន់ខ្លួន.
Overpower	Chế ngự, ức chế
	壓服、壓倒
	ហួសកម្លាំង
	មានមាតចេញនិយាយ, ការនិយាយចេញ.
Penis	Dương vật
	陰莖
	អង្គជាតិ ' លិង្គ '
	ខេត្តនេះមេលាយ.

Physical	Thuộc về thể xác, xác thịt 身體的 ทางร่างกาย เกี่ยวกับร่างกาย.
Private Parts	Các bộ phận kín 私處 จีกรีล้วนสาธีกำบัง ส่วนสำคัญของร่างกาย.
Rape	Hiếp dâm, hãm hiếp 強姦 การรังเกียจ ข่มขืน.
Sexual	Thuộc về tình dục 性的 ทางคุณ เกี่ยวกับเพศ.
Situation	Tình trạng 情況 สถานการณ์ สะถานะการณ.
Vagina	Âm hộ 陰戶 ฐารยาส ' รชาตี ' อะวัยวะอะเพศหญิง.

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